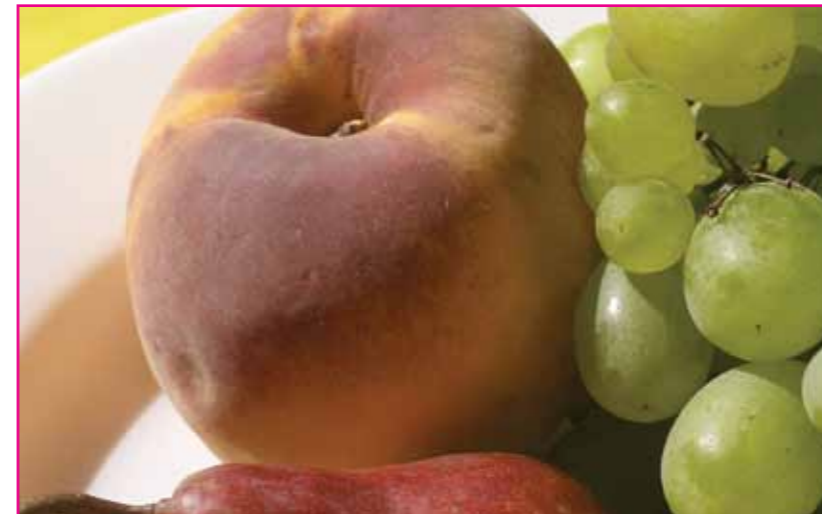




Get Back to Taking Good Care of Yourself: A Pre-Wedding Detox

By Elizabeth Cherevaty ND



The benefits of your pre-wedding detox? After the first couple of days, you'll feel more energized, have improved digestion, deeper sleep, a clearer mind and healthier-looking skin! Most people will lose a few pounds of mid-section weight, too. You'll feel so good that you may want to make a dietary detox an annual occasion!



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If you're like most brides-to-be, you have so many pre-wedding details to take care of that taking care of yourself too often winds up at the bottom of your "to do" list. Before you know it, your evenings and weekends have filled up with bridesmaid dress shopping, deejay interviews, venue visits and honeymoon preparations, while you're zipping out at lunch for a dress fitting or chasing down your second cousin for his RSVP response. It's easy to fall into the trap of skipping meals, fast food and caffeine to keep you going – only to end up with sagging energy, low moods and unplanned weight gain.

If you need a plan to get back to taking good care of yourself, a pre-wedding detox may be just the ticket to enjoying a de-stressed body and mind, as you count down to your special day.

Detox simply and safely with a 2-3 week break from the most inflammatory and toxic foods in your diet, such as alcohol, coffee, sugar, gluten, dairy and fried oils. Instead, nourish and cleanse with plenty of pure water, fresh fruits and vegetables, herbal teas, gluten-free whole grains, legumes, raw nuts and seeds and organically-raised poultry. These

foods give your body the raw materials it needs to eliminate toxins while keeping you energized.

Be sure to start 6-8 weeks before your wedding so that you can reintroduce pre-detox foods gradually - going especially easy on caffeine, sugar and alcohol.

During your detox, give yourself some extra TLC - get a massage, take a yoga class, meditate, journal, or sweat it out in the sauna, and you'll detox your mind as well as your body.

